

Rhythm of Pandanaceae

Essential oil is commonly used for emotional and physical wellness applications (aromatherapy). To date, approximately 3,000 varieties of essential oils have been identified. The quality of essential oil depends on the season, geographic location, method and duration of distillation, year the extract plant is grown, and the climate. The video shows the movement of pandan (*Pandanus amaryllifolius*: Pandanaceae) essential oil as they are dropped in water. The specific gravity of pandan essential oil at 25°C is 0.9310 to 0.9510, i.e. slightly lighter than water hence creating a mesmerising wave effect. Each essential oil has its own unique benefit. Pandan leaves that contain aromatic oil are useful for lowering high blood pressure, eliminating dandruff, blackening hair, reducing cramps, relieving rheumatism, boosting appetite, lowering blood sugar, and repelling cockroaches. In Malaysia, pandan leaves are an essential ingredient in many recipes including aromatic rice such as nasi lemak (coconut rice), and desserts such as kuih ketayap, seri muka, nona manis, and tepung pelita. The aroma makes the dishes enticing and the green of the leaves adds a natural colouring to the desserts. The leaves can also be made into a refreshing drink. In Malay weddings, bunga rampai is an essential ingredient for creating ambience. It is made of finely sliced pandan leaves, mixed with rose and jasmine petals, and enhanced with rose water. Essential oils being volatile need to be kept away from sunlight, and are normally stored in aluminium or dark brown containers.

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